

FRG Weekly Newsletter

November 30, 2006
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Family Readiness Programs
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Safety Facts About Noise

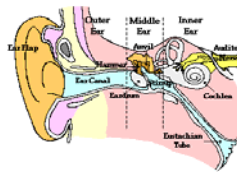
What happens when hearing is damaged by noise?

Some typical effects are:

- Getting things wrong that people tell you
- Not being able to join in conversations in noisy surroundings
- Not being able to understand young children's speech
- Losing sleep due to tinnitus

How is the damage one?

Noise damages the nerve cells that respond to sound in the inner ear, or cochlea. These cells work in a complex way, to give us the ability to discriminate between sounds of different pitch. So when they're damaged it doesn't just mean that you can't hear quiet sounds - it has more subtle effects on the clarity of hearing. This



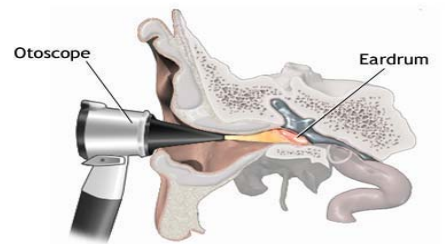
♦ Start holiday cooking with a clean stove and oven.

♦ Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.

What sort of noise usually causes problems?

Any loud sound can cause problems. This includes sounds that you wouldn't normally think of as "noise", such as music, and speech heard on earphones or loudspeakers. As far as the noise at work legislation is concerned, these are like any other noise.

When the risk to hearing comes from speech or music - in many cases, the very sound that people



ADAM

need to hear to do their job - it can be difficult to deal with. But those whose livelihood depends on good hearing can't afford to take risks with their ears - and neither, of course, can their employers.

Excessive exposure to loud noise can damage the tiny hairs in the cochlea and lead to hearing loss. Generally, this type of hearing loss is reversible (except in some cases of a sudden, very loud noise, such as an explosion). However, over time, repeated exposure to loud noise can cause permanent damage and hearing loss. This condition is known as noise-induced hearing loss

The legally permissible noise exposure varies from country to country. U.S. law currently allows exposure to 90 dB for eight hours. Most countries allow only 85 dB for an eight hour work day.

Noise Level	Maximum Legal Exposure	Noise Level	Maximum Legal Exposure
90 dB	8 hours	85 dB	8 hours
95 dB	4 hours	90 dB	4 hours
100 dB	2 hours	95 dB	2 hours
105 dB	1 hour	100 dB	1 hour
110 dB	30 minutes	105 dB	30 minutes
115 dB	15 minutes	110 dB	15 minutes
120 dB	7.5 minutes	115 dB	7,5 minutes

Upcoming Events

1 Dec

7:30 pm, Showboat

A Dickens' Christmas Carol

For more information 531-2337

2 Dec

6 pm, Showboat

A Dickens' Christmas Carol w/ Dinner

For more information 531-2337

3 Dec

12 & 3 pm, Sports America

NFL Football

For more information 531-9446

3 Dec

Siegfried Youth Center

2pm, Cocoa with Mrs. Claus

For more information 531-1992

3 Dec

Stars and Strikes Bowling Center

6 pm, Cosmic Bowling

For more information 531-6273

5 Dec

Family Readiness Center

6 pm, Point of Contact Training

For more information 531-9426

6 Dec

Warrior Community Center

9am, CLC (open to public)

For more information 531-9426

Enlisted Spouse's Club Christmas Tea



Where: ESC

Cabin, 2434 22nd St.

When: Tues. December 12th

Time: 6:30 pm- 8:30 pm

Who: Spouses of Soldiers
from E1-E9

RSVP NLT 1200 on 12 Dec
to: escptpla@hotmail.com

Please come join us for fun,
laughter and much needed
social time.

***Free one year
membership to
those who
bring a new
unwrapped toy
(\$10-20 value) for the 2006 Toy
Drive**



Spouses Open House from ACAP

Your spouse is getting out of the Army. Your future is a bright one but you're still a little scared. You're now left to wonder...what's next for me? Who's going to help **ME** transition from the Army during this time? Where do I begin?

A smart way to begin your transition is to visit the Army Career and Alumni Program (ACAP). ACAP is here to help the Soldier **AND** their spouse transition from military to civilian life. Soldiers and their spouses separating from the Army can begin the ACAP process up to 1 year prior to their ETS date. Soldiers and their spouses retiring from the Army can begin the ACAP process up to 2 years prior to their projected retirement date. The ACAP center has counselors available to work with you on creating and developing your resume in a professional, relaxed environment. Once you're here you may want to take advantage of our 3 day workshop which focuses on interviewing skills, resume writing, interview follow up, setting objectives, VA benefits and much more.

Thursday December 7th the ACAP center will be hosting its 1st *Spouses' Open House* from 10am to 2pm. Rhonda Martinez, manager of the local Louisiana Works office will be here to discuss job services and assistance they offer to Soldiers and spouses choosing to stay in the local area after leaving the Army. Yes, there are jobs in the local community! Wylie Bailey from the Ft. Polk Employment Readiness Program will be available to discuss how she can help spouses of Soldiers staying in the Army find jobs and improve their job search skills. There will truly be something for everyone this day. Feel free to bring a friend or 3!!!

The ACAP center is conveniently located at Bldg. 2155 Ste. 105 (Corner of 16th Street and Alabama Avenue). Spouses are encouraged to come for valuable information, fun and FOOD!! For more information, contact the ACAP office at 531-1591. We hope to see you there!

Do you need a Santa Suit
for your Unit or FRG
Party?

The Enlisted Spouses' Club
and the Officers' Spouses'
Club have them available for
rent.

Call 531-6047 for more
information



Theater tickets available with Transportation

- **Radio City Music Hall Rockettes** (Houston)
Wednesday, December 27 & Thursday, December 28
- **Some Enchanted Evening**
(Shreveport)
Saturday, January 27
Dinner at Southern Trace Country Club
- **Joseph & the Amazing Technicolor Dreamcoat** (Lafayette)
Wednesday, January 31
Dinner at Blue Dog Café
- **Blue Man Group** (Bossier City)
Friday, February 16
- **Wicked, the Musical OR Cirque du Soleil** (Houston)
Tuesday, April 10 & Wednesday, April 11

The following motorcoach trips require the purchase of
theatre tickets so the sooner you make your reservation the
better seats you will get.

Pick up locations in Leesville McDonalds and Entrance Road
McDonalds.

Please contact below for reservations and prices and ask
about military discounts.

Cenla Travel
244 Belleauwood Boulevard
P O Box 13241
Alexandria LA 71315
Telephone: 318.443.9038

New Hours for Gates into Fort Polk
(Access Control Point- ACP)

ACP 1 (Main gate)	24/7
ACP 2 (467 North)	Closed 2100-0530
ACP 3 (Millcreek Rd)	Permanent closure
ACP 4 (Louisiana Ave. East)	Closed 2100-0530
ACP 5 (467 South)	24/7
ACP 6 (Chaffee Rd)	24/7
ACP 7 (K Ave.)	24/7
ACP 8 (Box Entrance).....	24/7


Changes are effective 1 Dec 06

Don't Miss...


Cocoa with Mrs. Claus

December 3, 2-4 p.m.

Siegfried Youth Center
Visit Santa * Play Games
Free Food * Door Prizes * Crafts
Kids can have their pictures taken
with Santa for a small fee.
Limited parking available.
Shuttles will run from Warrior
Community Center from
1:45 to 4:15.



Info: 531-1991



Free "Cocoa with Mrs. Claus"

For those of you who have joined the Fort Polk community since last year, you're in for a treat: Cocoa with Mrs. Claus is Child and Youth Services' big seasonal party.

The celebration offers plenty of kid games, entertainment, lots of food and drinks in addition to steaming cups of cocoa. The kids can tell Santa what they want for Christmas and have their picture taken with the jolly old elf for a small fee.

Cocoa with Mrs. Claus will be offered Sunday, December 3 from 2 p.m. until 4 p.m. at the Siegfried Youth Center.

Parking will be available at Siegfried Youth Center until it reaches capacity, and there will also be overflow parking at the Warrior Community Center. Shuttles will run from 1:45 until 4:15 p.m. 2 - 4 p.m. Please remember that parking is not allowed on LA Highway 467.

This event is free, so join Santa and Mrs. Claus for food, games and door prizes. For more information, call 531-1992.

Upcoming Events cont.

7 Dec

ACS

9am, Newcomer's Orientation

For more information 531-1948

8 Dec

Warrior Community Center

4pm, Retirement Ceremony

10 Dec

12 & 3 pm, Sports America

NFL Football

For more information 531-9446